



North Laurel Senior Center Plus May, 2016



9411 Whiskey Bottom Road
 Laurel, MD 20723
 410-313-7218

Hours: Monday through Friday 9:30am - 1:30pm
 Nancy Riley, Director; nriley@howardcountymd.gov
 Rachel McCracken, Asst. Director;
rmccracken@howardcountymd.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Al 12:00 Lunch 12:45 Good Old Days 2	9:30 Coffee Talk 10:00 Good Old Days 11:00 Travel to Germany 12:00 Lunch 12:45 Exercise w/Liz 3	9:30 Coffee Talk 10:00 Good Old Days 11:00 Mother's Day Program 12:00 Lunch 12:45 Tai Chi w/Dave 4	9:30 Coffee Talk 10:00 Good Old Days 11:00 Cinco de Mayo 12:00 Lunch 12:45 Exercise w/Liz 5	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Charlie E 12:00 Lunch 12:45 Bingo 6
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music with Ed 12:00 Lunch 12:45 Good Old Days 9	9:30 Coffee Talk 10:00 Good Old Days 11:00 COTA Student Program 12:00 Lunch 12:45 Exercise w/Liz 10	9:30 Coffee Talk 10:00 Good Old Days 10:30 Sing-a-long w/Kay 12:00 Lunch 12:45 Tai Chi w/Dave 11	9:30 Coffee Talk 10:00 Good Old Days 11:00 Dance Recital Reservoir Students 12:00 Lunch 12:45 Exercise w/Liz 12	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 COTA students Goodbye party 12:00 Lunch 12:45 Bingo 13
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Journaling 12:00 Lunch 12:45 Good Old Days 16	9:30 Coffee Talk 10:00 Good Old Days 10:30 Healthy Tasting 11:00 Paws4Comfort 12:00 Lunch 12:45 Exercise w/Liz 17	9:30 Coffee Talk 10:00 Good Old Days 11:00 Older Americans Day 12:00 Lunch 12:45 Tai Chi w/Dave 18	9:30 Coffee Talk 10:00 Good Old Days 11:00 AVAM Mosaic Installation 12:00 Lunch 12:45 Exercise w/Liz 19	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Theme Song Trivia Challenge 12:00 Lunch 12:45 Bingo 20
Bob Evans Restaurant 9:30am – 1:30pm (410) 290-0004 23	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Al 12:00 Lunch 12:45 Exercise w/Liz 24	9:30 Coffee Talk 10:00 Good Old Days 11:00 Paws4Comfort 12:00 Lunch 12:45 Tai Chi w/ Dave 25	9:30 Coffee Talk 10:00 Good Old Days 11:00 Ceramics w/Charlene 12:00 Lunch 12:45 Exercise w/Liz 26	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Play Practice 12:00 Lunch 12:45 Bingo 27
Center Closed Memorial Day Holiday  30	9:30 Coffee Talk 10:00 Good Old Days 11:00 Drumming with James 12:00 Lunch 12:45 Exercise w/Liz 31		Remember  is May 8th	

May Notes and News

Community Happenings

Caregiver Support Programs at North Laurel Community Center:

"Know the 10 Signs" presented by the Alzheimer's Association

Tuesday, June 28th 6pm - 7:30 pm

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Program will begin with a light meal followed by the educational session from 6:30-7:30pm. Respite is available. Please make requests for respite services when you register.

Register by contacting Kathy Wehr, Howard County Office on Aging, 410-313-5955 or kwehr@howardcountymd.gov

Powerful Tools for Caregivers--a 6-week course teaching caregivers self-care tools, focusing on well-being
Thursdays, September 8th to October 13th from 3:00pm-4:30pm.

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Respite is available for all sessions. Please make requests for respite services when you register.

Register by contacting Kathy Wehr, Howard County Office on Aging, 410-313-5955 or kwehr@howardcountymd.gov

Important Dates and Reminders:

May is Older Americans Month. This is a time to acknowledge the contributions of past and current older persons to our country. We celebrate the participants every day but particularly during special events in May. Happy Older Americans Month!

It is often cool in our rooms, so please dress appropriately and bring/wear a lightweight jacket or sweater.

Closings:

The Center will be closed on Monday, May 30th in observance of Memorial Day.

Outings:

Monday, May 23rd Bob Evans Restaurant 9:30am-1:30pm.

Journaling:

We are working on an ongoing memory book/journaling project. If you would like to include any family photos, short writings such as poems or inspirational thoughts, or pictures of places that are important to you, please bring them. We will scan the pictures and return the originals.

Resource and Referral Information:

Maryland Access Point, (MAP): Provides free information, assistance, and future planning for older adults and persons with disabilities. Contact them at 410-313-5980, 1-800-506-5806 or map@howardcountymd.gov.

RTA Paratransit Services: 1-800-270-9553, Press 3 and follow prompts.

Inclement Weather Policy:

When Howard County Schools are closed or delayed two hours, the Senior Center Plus Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV or contact the center at 410-313-7218 to hear a recorded message regarding center operations.

If you need this publication in an alternate format, call 410-313-7218.